

## We don't need NO stinking routine

Routine? “We don't need **NO** stinking routine”. Read this tip and hopefully it will change your mind. It is Open Week. The Waterloo Open and the British Open are played the same week. FUN week.

This will give you a great chance to watch how the good players do it. Notice that when their routine changes what type of shot happens. Usually BAAAAAAD when it does change. The winner generally stays with their routine and performs well.

Routine is defined as, “a customary or regular course of procedure”. In other words, it helps us **NOT** think about the bad things because we do it automatically. Helps us get into “the zone”. Our body is prepared to do the same thing over and over in a timely manner. Our body's internal clock knows when to go UNTIL our conscious takes over and gives us self-doubt. Too long or too short.

Routine is a part of our everyday lives. Your whole life is a series of routines. Bad things will/can happen when we fall out of a routine. Most of us get up in the morning, take a shower, comb our hair, brush our teeth and walk out the door with our clothes on. If we didn't have that routine we may walk out in the street with the “Emperor's new clothes”? (Read the book or ask your parents if you don't know that reference)

Fortunately you have a routine (or mom reminds you) that says - **get some clothes on**. Now the order in which we do the first things may be different - I may shower first then brush my teeth. You may do the opposite. BUT we all have a routine that gets us dressed last. Then off to work/school each day with our clothes on, phew!

So why don't you do it on the golf course? A routine tends to slow down play on the golf course is the usual answer. I disagree. Routines can be slow on the golf course. This is because you are not

ready to play and take way toooooo many practice/rehearsal swings. We say “no more than one per customer” on the practice swings. Save them for the driving range. Our goal is to give you a routine that can be accomplished in less than 15 seconds.

My personality is a quick talker/walker and I am a quick decision maker once I have gathered the data necessary to make a decision. So when I do my routine I will hit my best shots when I strike the ball within 8 seconds of starting my routine. What? Keep reading.

Match that routine up with your personality. That is one of the questions I will ask you during a pre-lesson interview-what do you do for a living and what kind of decision maker are you.

Find a routine and stick to it. If you are a slow decision maker you may have to make 2 or 3 looks at the target before you strike the ball. But that matches your personality. Too many times I find people that make quick decisions stand over that ball way toooooo long. Bad shots generally follow.

So start with this routine-once you get comfortable over the golf ball take one look at the target, back to the golf ball to make sure I have not stolen it from you, slight pause (don't stand frozen over that ball wishing, hoping praying it will go in the air) and start swinging. Trust me you will be more athletic and the golf swing will be more of a reaction. We want to help you feel like an octopuss answering the phone in a phone booth (again, young people ask we older folks what a phone booth is or Google it).

Mase's routine as taught by Don “Narve” Narveson, PGA – behind the ball, get a grip, pick a target, walk to the ball with confidence, feet together, bow and aim to the golf ball, little step with left foot, bigger with right foot, one look to target, ball and GO.

So the answer is “Get a stinking routine and make it easy and automatic so that good shots will follow”.

Questions? See Greg, Norm and Scott at Waverly Golf so they can help you with your routine.